

Interview with Mrs. H Concerning Her Therapy with Carl Rogers

Barbara Temaner Brodley, Ph.D.

The following interview of Mrs. H, about her recollections of her therapy with Carl Rogers, took place on February 7th, 1996. A mutual friend had mentioned to me that Mrs. H had been Rogers' client in the early 1950s. I had known Mrs. H socially in 1950-51, but had not seen her since that time until the interview. When I called her, she was glad to hear from me, agreed to do the interview, and gave permission for its publication. She reviewed the transcript and asked that speech mannerisms and repetitions be omitted. I also have omitted some comments about myself elicited by Mrs. H. It should be obvious from the transcript that the interview is not a therapy interview but an information seeking interaction. Some of my responses also reflect our social relationship. Mrs. H. was suffering from cancer and receiving chemotherapy treatments at the time of the interview. She was not well, but was stimulated and in happy spirits while we talked. She died from the cancer a year after the interview.

THE INTERVIEW

Mrs. H: Ahh. She has a list of questions (laughing).

Barbara: Yeah. (**H:** Laughs.) I made this (referring to a list) just to help me help your memory.

H: Mhm hm.

B: It's precious of you to do this. I appreciate it.

H: Oh, not at all. As a matter of fact I'm almost embarrassed by it because I remember so **little** of it. (*Pause*) Go ahead. You start.

B: Well the first question is for your spontaneous recollections. What do you remember about your experience with Carl Rogers. What stands out for you?

H: What stands out is that I found him a very... You know, I was very young at the time. In my early 20's... I found him a very **receptive** and **kind** personality. For someone like me who always felt threatened by someone that I thought was... (**B:** Authority?) authority or more **important**, more intelligent or something like that. (**B:** Mhm hm) I was taken by his gentleness. I wasn't afraid of him.

B: Mhm hm, mhm hm. Whereas you might have been. You felt you were prone to be, or could be...

H: Oh very **easily** intimidated (**B:** Mhm hm) by someone like that... (**B:** Mhm hm) who already had some... I don't know if it's **fame** (**B:** Mhm hm) or some reputation is more like

it. (**B:** Mhm hm. Yes, yes.) And, uh I'm trying to recall, whether I **read** something about him. I think that's the way it must have happened, because I can't remember how I got to him.

B: Ah...that was one of my questions. I was wondering...

H: I **don't** know. I **don't** know how I got to him. I **must** have read something.

(Brief interruption of the interview)

B: Do you remember what **year** it was that you saw him? Was it before we were acquainted?

H: No it might have [been] after. It was the early fifties.

B: Early fifties?

H: I think so.

B: You went down to the South Side...

H: I went to the **University**. (University of Chicago Counseling Center). And I still remember. He sat at this desk, (**B:** Mhm hm) and he wore glasses. Right?

B: Yes, he did.

H: It's amazing that I remember that. And I would sit opposite him. And he would ask me all kinds of questions. And I would answer. And I wasn't as timid as I thought I was going to be. (**B:** Mhm hm) Because I was going through a very difficult period. I'd been **married**. I had gotten married to S. And I didn't know what was in store for me (*laughs*).

B: Mhm hm.

H: He came from a very highly possessive family and had a very possessive relationship with his brother. **Very**.

B: Mhm hm.

H: I was very close to my sister. We're both middle children. We were four girls.

B: Mhm hm.

H: My sister, whom I lost about 16 years ago, and I were very close. We had all the same interests, we were...

(Brief interruption of the interview.)

H: So ah...

B: You had been close to your...

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H: Yeah, but not in the same way.

B: Not in the same way S was.

H: Not in the **possessive** way that he and his older brother were. They started the firm together, but they were like **this**. *(She demonstrates by crossing her fingers tightly.) (Pause)* When I came into the marriage as a young girl, his brother was already married and his wife was a very powerful woman. Very strong. Very strong willed. She terrified me. She just **terrified** me. I was not what I am today. (B: Mhm hm) I was very meek, and frightened of personalities like that. (B: Mhm hm) And I didn't know how I was going to handle it. (B: Mhm hm) So I realized that I had to do **something**.

B: You came into a family...when you married...into a family situation that was intimidating and different.

H: Very intimidating.

B: And **that's** what led you...

H: *(Nods)* But - more than that - it's the relationship between the two brothers. (B: The brothers...) Because I was still the outsider.

B: You were the out...

H: Mhm hm, I was the outsider.

B: They were so close that you felt outside...

H: They were just like...a triumvirate. (B: Mhm hm) I don't know if you know relationships like that. I don't know whether it's a **Jewish** thing, I really don't know. Um, I'm sure it happens in all Mediterranean families...(B: Mhm hm) like Italians and Greeks - where there are very close family ties. *(Pause.)* I **came** from a close family. (B: Mhm hm) But I came from a family where **independence** was emphasized.

B: I see.

H: When I was very young, and when I finished school, I was able to go to New York and live with my sister. Because my mother **let** me do it. She **let** us do it. . And of course, at **that** time nobody was afraid of anything you know *(laughs)*. But in this case it was **more** than that. (B: Mhm hm) It was a **very** neurotic relationship. (B: Mhm hm) **Extremely** neurotic.

B: Um hum. It **hurt** you and you felt closed out to a certain extent.

H: Oh it was **terrible**. As a young woman, early in my twenties... (B: Mhm hm) I realized something **terrible** was happening there (B: Mhm hm) that I couldn't handle. it was like three against one.

B: I see. *(Pause)* Who was the third?

H: The third was the wife of...(B: Oh, his wife.) My sister-in-law or his...

B: His sister-in-law. Oh, so it was the three...

H: Who was **much** older than I was. (B: That's the triumvirate.) She was much older than I was. (B: Mhm hm) She was tough. (B: Mhm hm) She used *(laughs)* the kind of language that's used today with nobody flinching. (B: Mhm hm) I mean, she would say "fuck". (B: Mhm hm.) At that time? To say that?

B: At that time. That was unusual.

H: She would use a language...(B: She was very aggressive.) that was **never** used... (B: Mhm hm) That's right. Never used in my house. (B: Mhm hm) **Ever**. I never heard language like that.

B: Just that *(laughs)*.

H: That absolutely overwhelmed me. I didn't know how to handle it. Yet there was another side to her. **Eventually** I was able to become a friend of hers. She wrote poetry. She was an avid reader. She wasn't a stupid woman. (B: Mhm hm) But she was **tough**. (B: Mhm hm) And she had been in politics. I mean **she was really** tough. *(Both laugh.)*

B: **Really** tough. And you were...

H: And I was frightened. So (B: That's when...) I read something about...

B: Mhm hm.

H: I mean the very fact that he was willing to see me was an **amazing** stroke of good luck for **me** because...I don't even know how I did it. I don't remember whether I called up and said I wanted an appointment...

B: With him specifically.

H: Yeah. And I would drive out every week to the South Side (B: Mhm hm) to the University of Chicago and have a session with him. *(Pause)* He wrote all these notes - none of which I ever saw of course *(laughs)*.

B: So when you were talking (H: I think that must have...) he did make notes?

H: Oh yeah. He made notes, he made notes. Um hmmm.

B: And was he tape recording at that time with you?

H: I can't remember. He may have.

B: You don't remember.

H: I don't remember.

B: Do you remember if you were a research client? Because many of the clients who came to the Center were asked to participate in research, and they had to sign...

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From Julia Rabin

Dear ADPCA,

Over the past 10 years I have worked to keep things floating for you and allow for the greatest and most tender flexibility in structure /purpose of the association. I hope I have facilitated your needs for check writer and membership director.

Now I feel I must hand over this work to others. I was going to wait for one more year and announce this at the August meeting. But as this year has progressed I have realized that I can not wait for another year. I need to move on now.

So, it becomes important for you all to start thinking about this now. I want to make this transition smooth. Please take time to think about this BEFORE THE AUGUST MEETING. If anyone is interested in taking on the membership director job or the finance job please contact me ASAP. This will be discussed at the business focused community meetings in Ruston, LA. so that we will be able to choose the next person/persons to do this important work.

Keeping track of the membership is a straight forward task It can be time consuming with communications. It is also a great way to be in touch with lots of people. ADPCA has a computer for this purpose and a database that is operational, so the next person will inherit a system that is ready to go.

As for the finances, it is my sincere and serious opinion that the person who takes this position have experience in bookkeeping. They must be detail capable and be able to make a long term commitment.

This work and my connection to ADPCA has been a life line for me. I appreciate the trust you have had in me to do this work for these many years. I will miss this and I won't miss this a bit..... I love you and I love what I believe ADPCA stands for: personal freedom with personal responsibility. And room for everyone at the table. My wish is that this group can continue in true ways to facilitate its rare purpose. Thank you for the opportunity to serve you.

Love to you all,

Julia

ADPCA Want Ads

ADPCA is looking for the following positions to be filled by August 1999.

Membership Coordinator/ Director:

Someone to keep track of the membership using a MAC computer. File-maker Pro database; easy to use and fully operational. Job requires attention to detail and ability to communicate with others via snail and e-mail on a regular basis. Call me for details.

Finance / Treasurer:

This job requires someone with experience in bookkeeping, detail capable and able to make a commitment to care for the association's finances. I can not understate the importance of knowing standard accounting practices, audit trail and standard bookkeeping practices. Please contact me for details.

Julia L. Rabin
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H: I don't remember that. I remember **mostly** that I sat across the desk from him. (**B:** Mhm hm) And he was very gentle. And very receptive. He wasn't critical. (**B:** Mhm hm) All things that I had been afraid of.

B: Yes. He wasn't.

H: He wasn't.

B: So, it was reassuring.

H: (*Nods.*) The first time I went in there my heart was just pounding. (**B:** Mhm hm) And I thought: Oh, what am I doing? Why am I going to this man? He's famous. Why, would he be interested in **my** (**B:** Mhm hm) little problem?

B: Mhm hm, mhm hm.

H: I don't know how long I went to see him. It must have been for quite some time. And then, I stopped. (*Short pause*) I sort of followed his career - then he left the University of Chicago. When? In the sixties?

B: In the late fifties he went to Wisconsin, (**H:** Late fifties.) and then he went to California.

H: Where was he? At Stanford?

B: No. It was an institute. The Western Behavioral Science Institute I think. (**H:** Mhm hm) And then The Center for the Studies of the Person.

H: Well then how did you get to be a Rogerian?

(*For several minutes there is Barbara's description of her background as a psychologist and client-centered therapist, and a brief explanation of client-centered therapy.*)

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- H:** That sort of rings a **bell** to me. It does ring a bell, because there had to be a **reason** why I was so attracted to it. (**B:** Yes.) And to him. (**B:** Yes.) And it had to be because of the book I read.
- B:** Yes. (**H:** Because...) Otherwise how would you have...
- H:** I wouldn't have known...No, I **had** to read a book.
- B:** Otherwise you would have gone to an analyst.
- H:** Yes. (*Pause*) It fit into what I was all about. (**B:** Yes.) And what I just described (**B:** Yes.) as one of my **problems** (**B:** Yes.) at that time. (**B:** Yeah, yeah.) See...
- B:** The fearfulness and the self-effacing...
- H:** And not worrying about being accepted by him, (**B:** Yes.) and having someone **listen**, who would be accepting (**B:** Accepting.) and understanding without being punitive in any way. So, it does fit right into (**B:** Mhm hmm) the need I had at that time.
- B:** Yes, into the need you had...
- H:** And it wasn't a, ah Freudian need at all.
- B:** Um hmm.
- H:** It was a totally different...Well that's very interesting. Because now I see that (**B:** How connected.) the mold...(**B:** Yes.) That it was a sort of a **total** thing. (**B:** Mhm hm) You know?
- B:** Yes.
- H:** And I wasn't threatened by it. Because I was terribly fearful all the time.
- B:** Yes.
- H:** I was fearful because I was always surrounded by people who were so **aggressive** and tough. Not S, but (**B:** His brother.) his brother and sister-in-law and so forth...and sisters of mine. (**B:** Mhm hm) It was something I didn't even know because I'd never experienced anything like it. (**B:** Mhm hm) So it was a very **foreign** experience to me, (**B:** Yeah.) and I didn't know how to handle it.
- B:** Yes.
- H:** And now that I see, now I **remember** what drove me to this particular type of therapy at the time. Because certainly nobody I knew, knew anything about it. It wasn't that somebody had suggested it to me. (**B:** No.) So it had to be his early book.
- B:** Yes.
- H:** But Barbara, also remember that at that time psychologists weren't as **accepted**.
- B:** Oh, that's right.
- H:** It was a period where you either had to be a psychiatrist or a psychoanalyst or else you were totally (**B:** You weren't anything.) a persona non grata at that time.
- B:** Yes there **were** only a **few** private practice psychologist therapists in the city. You must have read something that just drew you over there...
- H:** Oh, there is no question about it. (**B:** Yeah.) Because it **had** to be something that fell into **my** needs.
- B:** Um hm. That you identified as something, (**H:** I mean the fact...) that maybe you could enter into.
- H:** Right. The fact that I had the courage, to call and make an appointment... (**B:** Yes, yes.) (*Both laugh.*) with somebody at the University of Chicago who was the leader of a movement. I don't even know, where I felt the courage to do it. (**B:** Yes.) But I got to see **him**. (**B:** Yes, yes.) That was quite extraordinary (*laughs*).
- B:** It really was.
- H:** I knew you at that time, but I didn't know what direction you were going to go. Little did I know you were going to become a Rogerian therapist in the future! If I could have seen into a globe...a crystal ball.
- B:** But I had no idea. I had no idea. (*Pause*) May I ask you some more?
- H:** Sure. Go ahead.
- B:** Do you remember if there was an intake interview ?
- H:** What do you mean "an intake"?
- B:** Somebody who.... Later at the Center - I don't know about at what point it was started - someone would interview anybody who called up for an appointment. The person would come in, and one of the psychologists on the staff would find out a bit about what the person wanted and so on.
- H:** No, I don't remember that.
- B:** You don't remember that at all. You may have gone **directly** to him?
- H:** I went directly to him. I didn't have anybody interview me...
- B:** So you must have called and said, "May I see him?"
- H:** Because if I had had someone in between...that would have made me very nervous. And **again**, it would have been the feeling that I wasn't being accepted.
- B:** Yes. (**H:** You know, that...) So he must have just received you.
- H:** He must have, somehow. I mean maybe through the interview we had...I had. The initial interview probably set it up for

Applying for the Job of Editor

I have grown this past year. Through the Person-Centered e-mail network I have been able to explore my relationship with some of the ideas and some of the people who make up the Person-Centered Community. And my experience in Warm Springs allowed me to seriously question whether I want to be a part of that community, even though I find it difficult at times. I have decided that I do.

I have also wrestled with this: Do I want to apply to be the editor of Renaissance, when Jody DeRidder steps down after the next annual meeting? My answer is - Yes.

I am afraid to pursue this responsibility, for a variety of reasons, but I will grow from going forward while feeling those fears. If I have an "issue" that cuts to my core, it is this: I am afraid to really try to do some task, and then fail. I probably have a lower number of fears than most people, especially about personal safety, security, death, and so forth, but failing at something that I really want to do scares me deeply. Come to think of it, this issue was just below my "presenting problem" over a decade ago (when I could not write a "to-do list" and then execute it). How slowly I change.

A couple of months ago I spoke with Ken Newton about his attitude toward editing Renaissance. Ken performed those editing duties for about seven years. He likes an editor to have a point of view. While reserving the right to change my mind, let me put forth some of my of views.

For example, while I am relatively clear on what client-centered therapy is, I do not know what the person-centered approach is. Some descriptions that I have seen recently resonate much more than others. I like many of the ways that ADPCA conducts itself, and I am in awe of the processes unleashed in Warm Springs. If this is the person-centered approach, then despite my confusion and doubts, I am in favor of much of it.

I appreciate high levels of disclosure, and on a good day am inclined to disclose much about myself. I enjoy being with another when they choose to make significant disclosures. I hope that I balance this with a willingness to accept people who choose to keep themselves unknown to me. In therapy I have sought to know my therapist, and in my limited experience as a therapist I have sought to reveal almost all that any client wanted to know about me.

I can not imagine a situation where I would want sexual contact with either a client or a therapist, but aside from that I have few boundaries that are not negotiable.

I seem to blow in the wind when I hear purists debate progressives in person-centered theory. Whoever speaks last may affect my position, until the wind blows again. And somehow I value this uncomfortably unstable position.

Recently I became aware that I speak more than I like, and listen less than I like. I tend to talk about myself. While I am interested in my own searches for knowledge and meaning, I understand that other folks do not place me in the center of their world. From time to time I need to ask myself, "will they really be interested in that part of me?" What is most personal often is, as Rogers said, most universal, but there are limits, and I am aware that I have exceeded some limits in the past. I am learning.

I want to be the editor of Renaissance. The thought makes me nervous and excited at the same time. To those of you who will choose a person for this job this summer, I hereby offer my official application.

Paul Blanchard
Westford, Massachusetts
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me. I was clever enough to...(laughing) to impress him (laughs).

B: Well...the fact that you called and wanted to see him...he was very remarkable in his responsiveness to people. (H: Yeah.) Ah, let's see...can you recall your very first impression of him?

H: Well, I think I just outlined it.

B: What you said before...

H: Yeah, right.

B: And did that change at all?

H: No. No. What changed was the fact that after awhile, I can't remember why, it was that I discontinued my visits or my sessions with him, I can't remember that at all.

B: Uhm hmm.

H: Maybe I was feeling better about myself and, and thought I'd had enough. I just don't remember. (B: Yes.) I wish I could.

B: It's hard to remember those things.

H: Over 40 years.

B: You remember the office and you can visualize the desk?

H: I remember the desk. I remember his sitting behind the desk. I remember my sitting in front of him.

B: So the desk was between you?

H: Yeah. Um hum.

B: And he made notes...

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H: And he made notes. I **can't** remember whether there was...
(**B:** A recording machine.) No, I can't remember that. There may have been.

B: There might have been. (*Pause*) Do you remember what kinds of responses? You said he **did** ask you questions.

H: Yes.

B: Can you?

H: No.

B: You can't remember the nature of his responses?

H: No. I can't. They **must** have been non-threatening responses.

B: Because you have distinct memory that you were not threatened.

H: Oh definitely. (**B:** Yes, mhm hm.) I would never have gone back if I had thought that he was going to be difficult and hard on me and sort of...

B: Judgmental and critical.

H: That's right. No.

B: So you don't remember if he made any interpretations of your situation, your problems, or you in any way? (*Pause*) Doesn't ring a bell?

H: Well, I'm sure that there was a communication between us. (**B:** Oh, yes) But I can't remember what it was.

B: The nature of it. Would you say you felt understood, well, by him?

H: Yes. I think that he was very receptive. And gentle. Uh, and as I said, I felt he was non-judgmental. (**B:** Non-judgmental.) Which is what I needed. (**B:** Yes.) He actually fitted into the kind of person I wanted to have listen to me. (**B:** Mhm hm) Because it took me **many, many** years before I could confide in anybody about anything. Maybe my sister. But I tended not to confide. So I think to find someone that I could talk to who would not (**B:** Mhm hm) only listen but give me a sense of **comfort** and a sense of - ah, what's the word I want to use? (**B:** Acceptance?) Acceptance, yes, yeah.

B: Mhm hm. He came through then.

H: Yeah - he **did** come through, yeah. So maybe I did catch his character properly.

B: Yes, it sounds that way.

H: Yeah. For a young girl (*laughs*).

B: Yes. (*Pause*) This might be hard to recall, but, did he come across as **sincere**?

H: Yeah. Well, think that fits into that mold. If I hadn't found that he was sincere, I wouldn't have continued...

B: You wouldn't have felt the other things.

H: No, I would **not** have been comfortable with him.

B: Yes. So that was integrated in just the way he was with you. (**H:** *Nods*) He felt real. (*Pause*) Do you remember if you asked him any questions?

H: I **must** have but I don't remember. I may have been very limited in my questioning.

B: 'Cause you were shy?

H: Well I was more or less shy. (*Pause*) I was, um, I was **not** shy. If you recall when you met me. (**B:** Yeah.) You know, I **seemed** very outgoing. (**B:** You did, oh, yes.) And I was very outgoing in a certain milieu. I'd be very outgoing. But I still had this **part** of me that was very hidden, (**B:** Yes.) and that was **terrified**. (**B:** Mhm hm) And I think that what he did was to make me comfortable with my own feelings. (**B:** Mhm hm) I think that was very important to me.

B: He made you feel comfortable with **your own** feelings, (**H:** Yeah.) so you could talk about them.

H: Right.

B: Um, and I gather that you felt - your sense of it is you felt some benefit from the...?

H: Oh I must have. Yes.

B: Mhm hm. Would you be able in any way to describe...?

H: That doesn't mean that I didn't go into analysis years later. (*Both laughing*)

End of currency conversion facility.

For most of the last year I have been accepting from new, or existing, ADPCA members, Pounds Sterling cheques, or Eurocheques drawn in Pounds Sterling, and converting them into US dollars. This arrangement has become much more complicated than I first envisaged and I have now decided to stop offering the facility.

Having explored various ways of trying to send membership fees to Julia I have found that buying travellers cheques, which are countersigned top & bottom & have 'ADPCA' written in the space in the middle, seem to be the easiest & cheapest way of sending the money.

Allan Turner

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B: Yes. Yes. I was going to ask you. Well, all through one's life one needs...

H: I know (*laughs*). Well by that time he had moved to California (**B:** Yeah.) or wherever he moved to. He wasn't here anymore. And there was another period where I needed some help.

B: Mhm hm. You saw an analyst then?

H: I saw an analyst because there wasn't anybody else. But I'll tell you...And that analyst eventually committed suicide. I want to say that I **never** felt comfortable with that analyst. **Never**. And to this day I don't understand why I continued with him. Then when I heard that he'd committed suicide I was just **devastated**. I went to him, I started to go to him...Well, I'd had a very traumatic experience in the birth of my first child. And that's when I went. I almost died. I had a **terrible** thing happen.

B: I didn't know.

H: Oh it was horrible. It was just horrible. And after that I needed some counseling. Because I really wanted to have another child. (**B:** Mhm hm) But, knowing what I'd already gone through. So it was a very bad experience for me and I went to see this doctor. I never really perceived that he was a disturbed man (*laughs*). In that he would **ever** commit suicide. (**B:** Mhm hm, mhm hm) But, (**B:** But you didn't feel entirely...) when I finally became pregnant with N...(Her daughter), in the midst of my pregnancy, my father and my mother-in-law died on the same day. (**B:** Oh.) And again I went through this horrible, terrible terrible experience, emotional experience with an upheaval. It's horrible. And I mean my father wasn't even ill. He just went to pay a condolence call and dropped dead. You know. And S's (Husband's) mother was sick in the hospital.

B: Incredible.

H: It was just a horror story. I was pregnant...

B: The same day. You're pregnant. You've had a traumatic first...

H: That's right.

B: Wow.

H: I mean, talk about....So I continued seeing this doctor because I didn't know what else to do. But, I never really felt, I never felt as comfortable as I did when I went to see Dr. Rogers. (**B:** Mhm hm) Now whether that was because I was **younger**...(b: Mhm hm) I don't know why... (**B:** Mhm hm) but I never felt good, with this doctor. And yet I didn't have - it took me a long time before I had the courage to quit him.

B: Uhm hm.

H: A long time. I think what happens is that you just...Well, what they call the transference. But you have this long thing that goes on and on and on and on, (**B:** Mhm hm) and then you get so wrapped up in it that you can't let go. (**B:** Mhm hm) You think ...

B: You won't be able to survive.

H: You **won't** be able to survive. But eventually I let go. I let go because **he** let go.

B: Uhm hhm.

H: No, he committed suicide actually before I ever...**after** I had left him.

B: After you had stopped working with him. (**H:** Uhm hm) That was a shock . Goodness - to learn of your therapist killing himself...

H: I think what happened with me and this Dr. Rogers situation was that I think in the beginning I was **so overwhelmed** and **so impressed** that someone like him would **see** me and talk to me. You know - someone who was the leader of a movement and so forth.

B: Yes.

H: It just blew my mind. (**B:** Mhm hm) And even at an early age I just said: "How did this happen? How did this **incredible** thing happen to **me**?" You know, that someone at the University of Chicago really wants to spend some time talking to me, or listening to me.

B: Yes, yes, yes.

H: It was very impressive. (**B:** Yeah.) And **because** it was impressive, I think it helped me sort of **project** myself the way I did. (**B:** Mhm hm, mhm hm) I didn't want to disappoint him (*laughs*).

B: Mhm hm, yes. Just the fact that this impressive (**H:** Right.) man wanted to interact...

H: Why does he want to see **me**?

B: It kind of boosted your self... and also made you...

H: That's right. Exactly. Exactly. Exactly.

B: Yeah, but also made you feel like you want to do it right.

H: Right. Exactly.

B: But he made you comfortable enough so that you **could**.

H: True. That's right. (*Thoughtfully*.) It's **very** interesting.

B: It's **very** interesting to me. Really. (*Both laugh*.)

H: Oh, that's good.

B: Um, were there any limitations that you remember or later became aware of in the way he worked with you or in

Proposal for Discussion at ADPCA 1999

Barbara Temaner Brodley

While reading over the "Typing and Other Requirements" on the inner back cover of the Person-Centered Journal I found item # 9 to read "Avoid the use of generic masculine pronouns or other sexist terminology."

In my opinion the stylistic practice of using generic masculine pronouns is not a form of "sexist terminology". The journal statement represents a political position to which I do not subscribe and which I think is wrong. The ADPCA should not be promoting this political view in its journal. It is not consistent with the values emphasizing individual choice of the person-centered approach. The journal should not require writers to avoid masculine generic pronouns. I also think proscribing "sexist terminology" broaches on censorship and is inappropriate in a person-centered publication.

It has been my observation that the current practice (in United States' counseling and psychological journals and other venues) of avoiding masculine pronouns (to refer to persons regardless of gender) is the result of bullying on the part of some academic people who designate themselves as feminists. These people do not represent women, nor feminist women or feminist men, as they intimidate others and impose their values on writing.

I have regarded myself as a feminist for many years, have spoken out, and given support to many feminist issues. My understanding of feminism, and the basis of my identification with feminism, is that it is a humanistic position giving special attention to injustices, inequalities, cultural practices and beliefs that limit the safety, rights, freedoms and opportunities of women. It is a political stance which aims for constructive social changes

- through improving conditions for women - that will improve people's lives, regardless of their gender. It is not meant to be a tyrannical coercive position that forces or intimidates others.

I do not believe the imposed change in writing style that involves employing "he or she" or "they" or repeating nouns, or similar techniques to avoid the generic masculine pronouns has helped feminist causes in any way. The avoidance of the generic masculine form has probably damaged the humanistic feminist cause. This is because it has been coerced, it is awkward to use, and it is less aesthetic than the convenient, traditional masculine generics.

As a reader from an early age, it was always apparent to me that the use of generic masculine pronouns referred no less to female persons than to males. As a female I was included not excluded by use of the generic pronouns. In situations where there might be confusion by a naïve reader, the practice of using the masculine generic may be explained by a footnote or by referring to "he and she" or "his and her", etc. near the beginning of an article.

In any case, I think the choice of style in this matter should be up to the writer. Whether he wishes to avoid generic masculine pronouns or wishes to use them he should be free to do as he wishes. I also think the term "sexist terminology" should not be included in the requirements-for-submissions list of the Person-Centered Journal. What is and is not sexist language is a matter of opinion. When a popular opinion holds that the language is sexist, it still should not be censored. I hope the participants attending the ADPCA meeting in August will be willing to discuss these issues. 3/31/99

Interview with Mrs. H continued from page 7

anything that you thought might have been harmful for you in that relationship?

H: No.

B: No.

H: No. No.

B: If you can recall; were there any areas of experience, that is, any problems or issues that you were concerned about at that time that you didn't talk about with him? Was there anything you remember holding back?

H: Probably were. But you know I don't remember what the issues were.

B: Mhm hm, mhm hm.

H: Because the issues were already so fraught with problems... (B: Mhm hm) of, how do you sustain a marriage when you're threatened? And how do you sustain it when you feel like an outsider?

B: Yes.

H: Now that's a very difficult thing to overcome when you're a young woman. You know?

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The Person-Centred Interaction and Person-Centred Approach Institute of Ister, Bratislava
Invites you to participate at the topic centered experiential conference on

**“The Quality of Presence:
 Exploring Person-Centred Frontiers”**

October 6 - 9, 1999

in Bratislava, Slovak Republic

A conference will explore the concept introduced by Carl Rogers (1986) in his paper: “A Client-Centered/Person-Centered Approach to Therapy.” This paper talks about concepts such as spirituality, intuition, altered states of consciousness, healing and connectedness. It is also intended to offer opportunities for existential encounter, true dialog and sharing.

The conference will be introduced by key speakers presenting their views on the quality of presence. They will offer a variety of positions on the issue relating it to Client-Centred Therapy.

KEY SPEAKERS

Barbara Temaner Brodley (USA)

Irene Fairhurst (UK)

Tony Merry (UK)

Antonio Santos (BRA)

We aim to offer a forum where participants can hear a variety of views on the issue without attempting to convert or convince anyone, facilitating exploration of personal positions around this topic. We plan to work in small discussion groups to explore the personal aspects of the topic.

ORGANIZATION OF THE CONFERENCE

The conference languages will be in English and Slovak. The conference will be held from the morning, 6th October until the evening on 9th October. The whole package - conference fee, 5 nights (Tuesday, Wednesday, Thursday, Friday, Saturday: 5-9 October), bed in double room and food for 4 days (6-9 October) is:

1. Application sent and payment made until 31.3.1999 400 EUR
2. Application sent and payment made until 15.5.1999 430 EUR
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There are a limited number of single rooms available which will incur an additional 30 Euros for the 5 nights.

If you are interested in the conference, please, fill in the application form and send it to one of the contact address together with the confirmation of payment you made.

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In the case of cancelling we will refund 80% of the registration fee if you cancel participation before June 30, 1999 and 60% before September 1, 1999.

Contact address:

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More detailed information on the conference will be sent to those who register for the conference.